

# Rivers Group Exercise

## at The Dolphin Centre

### Monday

18:00 - 19:00	Aerobics
19:00 - 19:30	Abs
19:15 - 20:15	H2O
19:30 - 20:30	Aerobics

### Tuesday

10:00 - 11:00	Bums, Tums & Thighs
11:00 - 12:00	Pilates
17:30 - 18:30	Yoga
18:30 - 19:15	Riverlution
18:30 - 19:30	Pilates
18:30 - 19:30	Circuit
19:30 - 20:30	Pilates
19:30 - 20:30	H2O

### Wednesday

09:15 - 10:15	Pilates
17:30 - 18:30	Pilates
18:30 - 19:30	Bums, Tums & Thighs
19:30 - 20:30	H2O
19:30 - 20:30	Aerobics
20:30 - 21:00	Abs

### Thursday

10:00 - 11:00	Aerobics
18:00 - 19:00	Circuit
18:30 - 19:15	Riverlution
18:30 - 19:30	20-20-20
19:30 - 20:30	H2O
19:30 - 20:30	Body Conditioning

### Friday

10:00 - 11:00	Riverlution
11:00 - 12:00	H2O
18:00 - 19:00	Yoga
18:15 - 19:00	Riverlution

### Saturday

09:30 - 10:30	Pilates
10:30 - 11:30	Pilates

### Keys

Sports Hall		Main Pool	
Dance Studio		Small Pool	
Spin Studio			

### Aerobics

A classic combination of fat burning and muscle toning exercises.

### H2O

An invigorating pool based workout that gently conditions the body without excess strain on muscles and joints.

### Abs

Innovative exercises that target the core muscles in the stomach and back.

### Bums, Tums & Thighs

A low impact workout with the focus on toning those 'problem areas'.

### Pilates

Pilates develops the body uniformly, improving alignment through gentle toning and stretching exercises.

### Circuits

With lots of variation, this high intensity session burns fat whilst focusing on cardiovascular fitness and endurance.

### 20-20-20

20 minutes of Aerobics followed by 20 minutes of Abs, then 20 minutes of lower body exercises.

### Body Conditioning

An all over body workout of muscular strength and cardiovascular endurance.

### Riverlution

Enjoy the benefits of group cycling in a fun and lively setting. Instructors will guide you through a variety of positions, tempos and routines.

### Yoga

Improves breathing, circulation and digestion and hormonal balance whilst strengthening the body and developing flexibility

### Please Note:

- **£4.20 per class** unless course based.
- **£2.50 per 30 minutes class**
- Classes suitable for 16yrs+